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EASY RECIPES FOR BACKPACKERS

Making your own meals is cost-effective and healthy. Try these easy-peasy recipes and your tastebuds will be overwhelmed!

To:
From:

6 YUMMY PEANUT BUTTER RECIPES

- Always. Always. Always travel with a jar of Peanut Butter in your back pack. It's nutritious, filling and you can use it in so many recipes.
- You can start your day with an energy boosting PB-Banana smoothie. Blend 1 tbsp peanut butter with a banana, 1/2 a cup of milk (soy, almond or cow), 1 tbsp of honey or chopped dates and an avocado. This easy backpacker recipe is also great anti hangover stuff!
1. Prepare the healthy Elvis Presley sandwich by toasting some bread with peanut butter and sliced banana (and honey when available), nom nom!
 2. On a sandwich with sliced cucumber and sambal for a spicy lunch.
 3. Use it as a dip, serving PB with fresh fruits like pear, banana, apple or veggies like broccoli, cucumber and cauliflower.
 4. Fill some dried dates up with peanut butter as a healthy snack.
 5. Heat some PB with a bit of milk and serve it over grilled chicken.



CHICKEN COUSCOUS

- INGREDIENTS** (serves 2)
- 3 tbs of olive oil
 - ts of cinnamon/coriander
 - 3 cm of fresh ginger, grated
 - 1 onion, sliced
 - 3 cloves of garlic, chopped
 - 2-4 chicken legs or wings
 - 1 sweet potato, diced
 - 1 can of diced tomatoes
 - 200 gr chickpeas, drained
 - a few dried apricots
 - handful of cilantro leaves
 - handful of roasted almonds, roughly chopped
 - 20 gr of butter
 - Pepper and salt
- HOW TO**
1. Heat 2 spoons of the oil in a pan and add the garlic, onions and ginger. Fry until soft.
 2. Add the chicken and fry until golden on the outside, but still pink on the inside.
 3. Add the tomatoes and simmer for 20 min.
 4. In a bowl, drench the couscous with boiling water and add some salt, pepper, olive oil and butter. Let stand for 10 min. Add the chickpeas, sweet potato and apricots to the stew. Let simmer for 10 min. The stew is ready when the chicken is done and the potato is soft.
 5. Separate the couscous with a fork. Serve with the stew and top with the roasted almonds and cilantro leaves.



HOW TO

For the sauce, whisk all the sauce-ingredients in a bowl with food processor or fork. If the consistency is too thick, you can add some water. If you prefer before serving.

Stream/boil the vegetables except the potatoes in a pan until al dente (15 min). Boil the potatoes separately, they need some time (15 min).

Take a large serving plate and pile up the vegetables and the eggs. Spoon sauce on top and sprinkle with the remaining cold as a salad.

3 tbsp coriander leaves
Cassava chips
2 medium-boiled eggs, in half
1/2 medium cucumber, sliced
100 gr broccoli, small pieces
100g sugar snaps
1/2 medium cabbage, chunks
200 gr potatoes, cut
2 cups of water
200ml coconut milk
2 spoons of peanut butter
1 ts sugar
1 ts salt
2 shallots, chopped finely
small piece of ginger
2 ts sambal
2 garlic cloves, chopped

INGREDIENTS (serves 2)



GADO GADO



HOW TO

Pre-heat the oven to 180°C/350°F. Put the camembert in an oven-proof dish. Score around the top of a 250g Camembert about 1/4cm in and cut off the top layer of skin. A few tips fresh rosemary and 1 clove of garlic, finely sliced (250 gr)

INGREDIENTS (serves 2)

1 camembert (250 gr)
1 clove of garlic, finely sliced
A few tips fresh rosemary
Olive oil
Bread, any kind you like
1 small handful of dried cranberries
1 small handful of olive oil
Slice your bread and sprinkle with olive oil and sea salt, lay them on a tray and pop in the oven to cook with the Camembert.

Finely chop a small handful of dried cranberries and nuts and put them in a little bowl. Once your bread is golden and crisp and your cheese is oozy, put everything out on a board and dip away!

BAKED CAMEMBERT

HOW TO

Cut tomatoes in half and remove the seeds. Chop into small pieces and add olive oil, garlic, onion, chilli, pepper and Parsley

1 can of white beans
3 tomatoes
1 clove garlic, finely chopped
1/2 onion, finely chopped
1 can of sardines together with the roasted bread and almonds (optional) and chilli powder or 1/2 chilli (chopped as small as possible) decorated your own toast. Combine the 100 gr roasted almonds

INGREDIENTS (serves 8)



SARDINES & BEANS ON TOAST



HOW TO

Pre-heat the oven on 180 C. Toss the 2 sea bass filets
Olive oil
1 fennel, cut in half and oranges, fennel, basil leaves and olives
1 then in slices
pepper in a bowl and then spread it out on a baking tray. Put the fish filets on top and put in the oven for 20 min, until the fish has turned white. Serve on a plate worth it to spend a bit more
Almonds, roasted and
chopped (optional)
Pepper and salt, to taste
Basil sprigs (optional)

OVEN FISH